

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

Applicant	:	Richard D. Charnitski	)	Group Art Unit unknown
			)	
Appl. No.	:	unknown	)	
			)	
Filed	:	herewith	)	
			)	
For	:	INERTIAL RESISTANCE EXERCISE	)	
		APPARATUS AND METHOD	)	
			)	
Examiner	:	unknown	)	
			)	

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**PRELIMINARY AMENDMENT**

Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Dear Sir:

Prior to examining the above-captioned application, please enter the following amendments.

**Amendments to the Specification** begin on page 2 of this paper.

**Amendments to the Claims** are reflected in the listing of claims which begins on page 3 of this paper.

**Remarks** begin on page 4 of this paper.